

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 am - 8:55 am Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	5 am - 9:55 am Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6 9:55 am - 11 am AquaTurbo Lanes 3-6 Lap Swim Lanes 1-2	5 am - 8:55 am Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	5 am - 9:55 am Lap Swim Lanes 1-4 Open Swim Lanes 5&6 10:25 am - 11:30 am	5 am - 9:55 am Lap Swim Lanes 1-4 Open Swim Lanes 5&6 9:55 am - 11am AquaMash Pool Reserved	7 am - 8:55 am Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	Only On SEPT.2nd & 3rd SCUBA RESERVED LANES 5&6 7am-12:30PM Lap Swim Lanes 1-3 Open Swim Lane 4
8:55 am - 10 am HydroBody Lanes 3-6 Lap Swim Lanes 1-2	11:10 am -12 pm JointMobility Lanes 3-6 Lap Swim	8:55-10am AquaMashPlus Lanes 3-6 Lap Swim Lanes 1-2 10 am - 11 am AquaMash Pool Reserved	LAP SWIM LANES 1-4 OPEN SWIM LANES 5-6	11:10 am - 12 pm JointMobility Lanes 3-6 Lap Swim Lanes 1-2	8:55am-10am AquaTurbo Lanes 3-6 Open Swim Lanes 5 & 6	7am-9am Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6
10am-11am AquaFlow Lanes 3-6 Lap Swim Lanes 1-2		11 pm - 12 pm Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6		12 pm - 1pm Open/Lap Swim	11:30 am - 7 pm Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	
11 pm - 12 pm Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	12 pm - 3 pm Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	11 pm - 12 pm Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	11:30 pm - 3 pm Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	1 pm - 2 pm Water-Waves Lanes 3-6 Lap Swim Lanes 1-2		9am-11am Swim Les- sons Lanes 5 & 6 Lap Swim Lanes 1-4
12pm-1pm Coached Lap Swim Pool Reserved		12pm-1pm Coached Lap Swim Pool Reserved		2 pm - 9:45pm Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6	12pm-5:30pm *SCUBA RESERVED ON SEPT. 2nd only 5&6	
1:10 pm - 2:10 pm Water Wellness Lanes 3-6 Swim Lessons 1 pm - 2 pm Lane 1	3 pm - 4:30 pm Swim Lessons Lane 3-6 Lap Swim Lanes 1-2	1:10 pm - 2:10 pm WaterWellness Lanes 3-6 Swim Lessons Lane 1	3 pm - 4:30 pm Swim Lessons Lane 5-6 Lap Swim Lanes 1-4		6pm-7pm Lap Swim Lanes 1-4 Open Swim Lane 5-6	11 am - 7 pm Lap Swim Lanes 1-4 Open Swim Lanes 5 & 6
2:15 pm - 3 pm Open/Lap Swim Lanes 1-4	4:30-5:30pm Swim Lessons/ Swim Team	2:15 pm - 3 pm Open/Lap Swim lessons Lane 5/6		<div>IMPORTANT</div> <div>OPEN Swim is during open swim slots ONLY Lanes 5-6 ONLY Unless otherwise noted</div> <div>Lap Swimming is repetively swimming from one end of the pool to the other independently. Circle swimming is encouraged during peak times.</div> <div>To register for classes please use the: Peak Health & Wellness MSLA app</div>		
3 pm - 5:30 pm Swim Lessons Lanes 4,5&6 Lap Swim Lanes 1-3	POOL RESERVED	3 pm - 5:30 pm Swim Lessons Lanes 4,5&6 Lap Swim Lanes 1-3	4:30 pm - 6 pm Swim Lessons & Swim Team POOL RESERVED			
5:30 pm - 6:30 pm Splashtastic Lane 5-6 Swim Lessons Lanes 1-2 Lap Swimming Lanes 3-4	5:30 pm - 7 pm Lap Swim Lanes 1-2 Swim Lessons Lanes 3-6	5:30 pm - 6:30 pm DynamicAquasize Lanes 5-6 Swim Lessons Lanes 1-4				
6:30 pm-9:45 pm Open/Lap Swim	7 pm-9:45 pm Open/Lap Swim	6:30 pm-9:45 pm Open/Lap Swim	6:30 pm-9:45 pm Open/Lap Swim			

Scuba Lanes 5&6 Reserved on Sept. 2nd & 3rd

SWIM LESSONS
Start 9/11-9/28
M-TH 3 PM - 7 PM



UPCOMING POOL CLOSURE FOR
SENIOR OLYMPICS FRI.-SAT.
SEPT 15-16 9 AM to 3 PM

BLUE MTN POOL HOURS
M-F 5 AM - 10 PM
SAT & SUN 7 AM - 8 PM

AquaFlow: Gentle movements at low intensity to promote better balance, coordination, flexibility and core strength.

AquaMash: Set to music, low–med intensity cardio and strengthening with continuous movement throughout shallow and deep water; periods of traveling, beachball volley and stretching.

AquaMashPlus: Set to music, mid–high intensity while incorporating cardio intervals while traveling throughout the shallow and deep water. Includes some suspended beachball volley and toning exercises; also uses buoys and noodles.

AquaTurbo: A high–energy water class that uses both shallow and optional deep water to amp up a complete body workout. Come challenge your core and build strength while having fun! All fitness levels are welcome. This session is designed to let you tailor the challenge to the needs of your body.”

Dynamic Aquasize: This water aerobics class provides cardio and body toning combined with some Yoga & Tia Chi movements.

HydroBlast: Groove to this energetic class set to music; intervals of moderate–high levels of intensity while alternating between shallow and deep; build cardio endurance; improve overall muscles strength and generate muscle tone.

HydroBody: Experience full body conditioning with constant movement predominately suspended in the deep water with no impact.

HydroPump: Pump it up to a 60–minute split, moderate–high intensity workout set to upbeat music. Increase and progress cardio stamina, strengthen core and tone muscles with continuous multilevel movement! First 30 minutes of class is in shallow water with transition to 30 minutes of moving in the Deep; NO impact fully suspended.

JointMobility: 45–minute non–aerobic aqua class consisting of specifically designed exercises to help improve joint flexibility and relieve pain due to arthritis.

WaterWaves: A water workout for all fitness levels. Waterwaves consists of cardio, strength training, flexibility and balance. Come join a fun group, motivated by each other and experience a total body workout.

WaterWellness: Improve overall range of motion and strength all while moving through the water at your own pace listening to your own body and sharing in the group experience.

Splashtastic: Seamlessly flowing from one move to another to create a lively and full body dynamic workout of cardio and strength building. May include use of equipment and/or suspended moves. Class concludes with stretch and cool down.

DOWNLOAD: Peak Health & Wellness MSLA via the app or google play store to register/book classes!

Contact: Aquatics Director, Jana Rafferty: (406) 251–3344 ext. 225
jana@peakmissoula.com

Club Hours
Blue Mtn: M–F 5am–10pm, Sat & Sun 7am–8pm

